

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3/17/2019			4 miles		3 miles + Stairs		5 miles
3/24/2019			4 miles w/sprints		3 miles		6 miles
3/31/2019			3 miles w/sprints		3 miles		7 miles
4/7/2019			3 miles		4 miles		6 miles
4/14/2019			3 miles w/sprints		3 miles		8 miles
4/21/2019			3 miles		3 miles		6 miles
4/28/2019			3 miles w/sprints		3 miles		7 miles
5/5/2019			3 miles		3 miles		6 miles
5/12/2019			3 miles w/sprints		3 miles		8 miles
5/19/2019			3 miles		3 miles		5 miles
5/26/2019			3 miles w/sprints		3 miles		6 miles
6/2/2019			3 miles w/sprints		3 miles		7 miles
6/9/2019			3 miles		3 miles		3 Bridge 5K
6/16/2019			3 miles		2 miles		3.5 miles
6/23/2019			2 miles		3 miles		4 miles
6/30/2019			3 miles		2 miles		Big Dog Heatwave 5 miler
7/7/2019			3 miles		3 miles		4 miles
7/14/2019			3 miles		3 miles		3 miles
7/21/2019			2 miles		3 miles		4 miles
7/28/2019			3 miles		3 miles		5 miles
8/4/2019			3 miles w/sprints		3 miles		4 miles
8/11/2019			3 miles		2 miles		Lakebottom 5K
8/18/2019			3 miles		3 miles		4 miles
8/25/2019			3 miles		2 miles		4.5 miles
9/1/2019		Classic 10K					